

## Title of Presentation

It May Be Their Meds: The Role of the Physical Therapist in Deprescribing

Please check the appropriate time for your presentation

60 minutes

## Instructional Level

Intermediate

Equipment needs or special requests

N/A

This presentation falls into the following category:

Geriatrics

## Course Description

In 2017, Mary Tinetti introduced the medical community to the 5Ms of geriatric medicine. The 5 elements of Mind, Medications, Matters Most, Multicomplexity, and Mobility are now being infused in physical therapy education and are the foundation of the upcoming revisions to the Essential Competencies for the Care of Older Adults for Entry-Level Physical Therapy Practice. The problem of polypharmacy in older adults continues to rise, and physical therapists need to be involved in the deprescribing process to ensure that mobility, functional outcomes, and quality of life are not negatively impacted by the overuse of medications. This session will challenge clinicians to think beyond medication lists and adverse effects and learn about the role of the physical therapist in deprescribing. Attendees will be introduced to the most common medications that have adverse effects on older adults, how interprofessional collaboration and communication can be used to promote deprescribing when appropriate and discuss barriers to the deprescribing process. Case studies will be used to promote engagement and application to clinical practice.

## Learning Objectives

By the end of this presentation, the learner will be able to:

1. Describe the impact of polypharmacy as it relates to physical therapy practice in older adults
2. Identify key medications that may have adverse effects in older adults

3. Provide examples of barriers to deprescribing and identify solutions to these barriers
4. Create a plan for interprofessional communication for deprescribing in both in- and outpatient settings
5. Identify key resources in deprescribing to enhance patient and care partner education

Key References: Minimum of 5 current references

1. Ouellet N, Bergeron AS, Gagnon E, Cossette B, Labrecque CA, Sirois C. Prescribing and deprescribing in very old age: perceptions of very old adults, caregivers and health professionals: Age & Ageing. *Age Ageing*. 2022;51(11):1-8. doi:10.1093/ageing/afac244
2. Zhou D, Chen Z, Tian F. Deprescribing Interventions for Older Patients: A Systematic Review and Meta-Analysis. *J Am Med Dir Assoc*. 2023;24(11):1718-1725. doi:10.1016/j.jamda.2023.07.016
3. Velani B, Witter K, Walker M, Shah C. Impact of applying the STOPPFrail criteria in patients with dementia. *Prog Neurol Psychiatry*. 2024;28(1):11-16. doi:10.1002/pnp.822
4. Cabrera J. Physical Therapist Management of a Person With Frailty Across the Continuum. *Top Geriatr Rehabil*. 2023;39(2):131-148. doi:10.1097/TGR.0000000000000391
5. Mangin D, Lamarche L, Templeton JA, et al. Theoretical Underpinnings of a Model to Reduce Polypharmacy and Its Negative Health Effects: Introducing the Team Approach to Polypharmacy Evaluation and Reduction (TAPER): *Drugs & Aging*. *Drugs Aging*. 2023;40(9):857-868. doi:10.1007/s40266-023-01055-z
6. Robinson M, Mokrzecki S, Mallett AJ. Attitudes and barriers towards deprescribing in older patients experiencing polypharmacy: a narrative review. *Npj Aging*. 2024;10(1):1-6. doi:10.1038/s41514-023-00132-2

Speaker 1 brief bio:

*Presenter* is a board-certified specialist in geriatric physical therapy and has over 20 years of experience in both in- and outpatient settings. She is a Clinical Associate Professor at Quinnipiac University, with roles in both didactic and integrated clinical education. She serves on the Committee of Content Experts for the ABPTS and is chair of the Academic Education Committee for the Academy of Geriatric Physical Therapy. She has presented at the state and national level on topics related to geriatrics and has co-authored a chapter on the management of the patient with lung cancer across the care continuum. Her research focuses on best practices in the care of older adults and geriatric education.